



Center For Special Minimally Invasive Surgery
Camran Nezhat, MD, FACOG, FACS
And Associates

Recovering at home... Discharge instructions

First and foremost, our staff is always here for you. No question or concern is too small.

Our physicians and staff are always reachable both during and after hours.

*As the physicians are in surgery during the week, you may reach **Lori at (650) 327-8778** during office hours. After hours and weekends you may call **(650) 723-6661 pager ID 14239**.*

*Physicians on call will include **Dr. Nezhat, Dr. Nutis and Dr. Ocampo**. Please contact us with any concerns or questions you may have post operatively.*



Discharge Medications

To control your pain, constipation and possible nausea you will be sent home with:

- ①**Motrin** 800 mg –You will take Motrin around the clock every 8 hrs. for the first week. After this you can take Motrin as you need it **** Take with meals**
- ②**Vicodin** You may take 1-2 tablets every 6-8 hours as needed for pain (in conjunction with the Motrin) **** Take with meals**
***** If you are unable to take Vicodin follow the instructions for the alternate medication given**
- ③**Phenergan** 25mg- You may take 1 tablet every 6 hours *as needed* for nausea/vomiting **OR**
OR Reglan 10mg- 1 tablet every 4-6 hours as needed for nausea/vomiting
**** You will be given one of these medications dependent on what works best for you**
- ④**Colace** 100 mg – Take 1 twice a day for constipation. **ONLY** take this medication if you experience constipation. This is an over the counter medication found in the laxative section.

Use your medication as directed for relief of pain. Take with meals. If you do not wish to use a prescription pain reliever you may use the Motrin alone.

Bowel Movements

Most patients will typically see a bowel movement within 5-7 days following surgery. Do not be alarmed. Remember, you were on a clear liquid diet before surgery, your bowels were emptied in preparation for surgery and during surgery the bowels slow down. **AFTER** you begin consuming solid foods you should see a bowel movement with 2-3 days.

Bleeding

It is normal to experience light bleeding for several weeks. If you are concerned about the amount of bleeding you may use the following guideline to help you. “Am I needing to change my pad every hour? Is the pad saturated when I change it?” If you are using a maxi pad and the answer is “yes”, then you should contact the office. If the answer is “no” the bleeding is most likely normal and will eventually subside. If you are unsure do not hesitate to call us.

Your first and second periods following surgery **may** be irregular in timing (late/early), **may** be heavier than usual and **may** be more painful. Do not be alarmed. This is normal. If at any time the

bleeding or pain concerns you, refer to the above guidelines. If you feel that you need medication for the pain and Tylenol or Motrin is not helpful, please contact the office.

******Please DO NOT use Tampons for the first 2-3 weeks after surgery.**

Gas/Air Pain

Some patients experience shoulder/chest pain. During surgery your abdomen is filled with gas to distend the cavity for surgery. While most of this is released prior to closure, some remains. This can sometimes cause what is best described as a “nagging ache” in your shoulders or as “cramps” in your chest. One suggestion that has worked for many patients is hot tea with lemon. Generally, the best way to relieve the gas pains and help it work through your system is to walk and move around. This increases your bowel activity and moves the air and gas through. It also speeds your recovery.

Another suggestion is the use of an over the counter simethicone such as Gas-X which may help relieve the pressure and bloating.

Sore Throat

You may experience a sore throat after surgery. A simple solution of warm salt water and gargling will usually relieve the symptoms.

Diet and Exercise

Our goal is for a gradual return to a normal diet. Please start with small amounts of a bland diet (i.e. applesauce, mashed potatoes, rice, fish, etc.) If you tolerate this diet well you may begin a normal diet.

Exercise and Sexual Activity

** No overuse of the abdominal muscles for 2 weeks (i.e. lifting, straining, etc)

However, we DO want you up and moving around. Do not become a “couch potato”. This will prolong your recovery. Simple things at first like fixing your own bite to eat, getting a drink, taking small walks around your home...etc. This will help you heal faster and also force the gas in your system to begin breaking up and moving through your system.

In general patients should be able to return to light exercise and sexual activity in 2-4 weeks. However, return to these activities should be discussed with the office and physicians after surgery, as these guidelines can change dependant on your surgery.

*******Hysterectomy Patients**

For our hysterectomy patients, sexual and exercise activity should not be resumed until you have been seen for your first post operative visits in our office, at which time the physician may release you to return to such activity.

Incisions

Some swelling, redness and pain are common with all wounds and normally will go away as the wound heals. If swelling, redness or pain increases, or if the wound feels warm to the touch, call the office. If your wound edges re-open or separate, we need to be contacted.

The steri-strips over each incision SHOULD be removed in 48 hours in the shower. When the strips are wet, they easily peel from the skin without pulling the skin around the incision.

The umbilical incision site is prone to infection, so we ask that you gently clean with soap and water every day in the shower. Afterwards, use a blow dryer to dry the area to absorb extra moisture in the belly button. If this care is not done your belly button is at risk for infection. **DO NOT** apply liquid or ointment medications or any other product to your wound while your.

Hygiene

You may shower as often as you like after surgery. We ask that the patients refrain from sitting in a bathtub, hot tub or swimming for the first 3-4 weeks, allowing the incisions to heal. Make sure that your incisions are dry after water exposure.

The abdominal support band (girdle) you are sent home with is optional. If you find this band to be of benefit to you and provides you additional support wear it as you like. You do not have to wear the band.

Work

Patients should not feel rushed to return to work. Recovery is an important part of the process. Returning to work or activities too soon can extend your recovery. Again, recovery time will differ from patient to patient dependant on the type and extent of surgery. Typically, patients can return at approximately 2 weeks. By law you may take up to 6 weeks disability when recovering from surgery. If you have questions please ask the nurse or physicians so we can help you determine a reasonable recovery time for your particular case.

Driving

Patients are asked to refrain from driving for a minimum of 7 days. Never drive while taking pain medications. If you do not feel that you could react with force (i.e. slamming on the brakes) if needed to avoid an accident, we ask that you not drive. PLEASE use good judgment before driving.

Travel

This is dependant on the type of surgery performed and the distance you plan to travel. Generally, it is safe to travel at about 2-3 weeks. However, myomectomy and hysterectomy patients may fall within the 3-6 week guidelines. It is best to see Dr. Nezhat BEFORE traveling, especially if you are going out of the state or country.

Fibroid Removal (Myomectomy)

If you are a fertility patient and plan to attempt pregnancy following your recovery, please discuss your particular case with Dr. Nezhat BEFORE attempting pregnancy on your own or through medical intervention, as each case varies. Often there are specific instructions in these cases.

Symptoms of Concern

Please notify us of:

- ✘ You develop a temperature of 100.4° or greater
- ✘ Using the guidelines for bleeding, you are experiencing heavy vaginal bleeding
- ✘ Undue pain that is not manageable by your pain medications
- ✘ Severe nausea and vomiting
- ✘ Excessive bloody drainage or colored discharge from wounds



We wish you a speedy recovery. Our office dedicated to the health and recovery of each and every patient. Do not hesitate to call us anytime you have questions or concerns.

